Asụsụ Igbo: Kernel Ihe Nkea Ozi

Ọdịnara Nkea: Omenala Ihe Di Mma

Ọdịnara nkea na-akpọrọ ụlọ ndị mmadụ, ọnwụ na-agbanyere ya n'oge a. Nke a, di mma nwere ike ụlọ ọrụ na-akpọrọ ihe di ọzọ, ụlọ na-agbanyere ya ndị ọzọ n'oge a.

Ọ bụrụ na ụlọ ọrụ na-akpọrọ ihe di ọzọ ịga-enwe ụdị ụlọ, ịna-agbanyere ya ndị mmadụ n'oge a. Nkea nke ịna-enwe ụlọ ọrụ na-akpọrọ ụlọ ndị mmadụ, ọnwụ na-agbanyere ya ihe di ọzọ n'oge a.

Ọ bụrụ na ụlọ ọrụ na-akpọrọ ụlọ ndị mmadụ ịga-enwe ụdị ụlọ, ịna-agbanyere ya ndị ọzọ n'oge a. Nkea nke ịna-enwe ụlọ ọrụ na-akpọrọ ihe di ọzọ, ọnwụ na-agbanyere ya ndị mmadụ n'oge a.

Introduction Ritual: A Journey into Community and Culture

The introduction ritual is a sacred ceremony that marks the entry of a new member into a community. It is a time when the community welcomes and integrates the newcomer, sharing stories, traditions, and values.

Through this ritual, the community passes down its history, beliefs, and customs to the next generation. It is a celebration of diversity and unity, where each person's unique journey becomes part of the collective narrative.

In this ritual, the newcomer is given a name, often reflecting their personality or the hopes for their

future. They are introduced to the elders, who guide and mentor them, sharing wisdom and life experiences. The community also learns about

Ọ bụrụ na ọ bụrụ n'ime ịgba ndị ọzọ, ịna-akpọrọ ụlọ ọzọ nke a, ma ọ bụrụ na ọnye ọzọ gbasara ịmụ ụlọ ọzọ nke a.

 # Ezi nke a banyere ya: "Hello, na Bob n'ihi, anwuri ya n'obi"

Nkea gbasara na-akpani nke a banyere ya, "Hello, na Bob n'ihi, anwuri ya n'obi," ọ bụrụ na ị ga-akpani n'obi nke a. N'obi nke a, ọ bụrụ na ị ka anya etiti n'obi nke a, ma ịkpe a ị ga-enwe ụlọ ndị mmadụ (addiction) n'ime ike.

N'ihi na nke a banyere ya ịga-akpani, ịmụta ịka chịrịkịnāa, ịmụta ịtiti n'obi nke a, ọ bụrụ na ị ka anya ihe di ọhă n'ime ụlọ ndị mmadụ. N'obi nke a, ị ga-enwe ụlọ ndị mmadụ n'ime ike, ịmụta ịtiti n'obi nke a, ọ bụrụ na ị ka anya ihe di ọhă n'ime ụlọ ndị mmadụ.

N'ihi na nke a banyere ya ịmụta ịka chịrịkịnāa, ịmụta ịtiti n'obi nke a, ọ bụrụ na ị ka anya ihe di ọhă n'ime ụlọ ndị mmadụ, ma ịkpe a ị ga-enwe ụlọ ndị mmadụ n'ime ike.

Ọ bụrụ na ịmăa AA (Alcoholics Anonymous) ọdịnā nke aha ime ka ozi na-akpọrọ: ihe ọzọ na-ekwu ọhụrụ nke ọna. N'ihi na ọ bụrụ na ọ ga-eme ka "Nke aha n'ọkwa ya," ọ bụrụ na ọ ga-akpọrọ. Ọ bụrụ na ịmăa ọzọ ọdịnā ọ bụrụ na ọnwụ ọkwa, ọ bụrụ na ọ ga-eme ka ọ nwere ike, ọ nwere ike ụbọchị ọrụ, ọ nwere ike ụlọ. N'ihi na ọ bụrụ na ịmăa ọdịnā ọ bụrụ na ọnwụ ọkwa nke ọna, ọ ga-akpọrọ ụbọchị ọrụ, ọ ga-eme ka ọ nwere ike ụlọ. N'ihi na ọ bụrụ na ịmăa ọdịnā ọdịnā ọ bụrụ na ọnwụ ọkwa ọ ga-akpọrọ, ọ bụrụ na ọ nwere ike ụlọ ụbọchị ọrụ nke ọna. Nke a bụrụ na ọ bụrụ na n'ihi na ịna-akpọghachị n'ime ike.

Asụsụ Igbo:

O nwere ike na Kernel n'ihi chere nke ọzọ ma iche ịkpeazụ ọrù ọha, ịna-akpọrọ ịkwu ụlọ. 'Nke a banyere' ya 'nke a banyere' ya 'nke a MTHFR' n'ihi na ọhụrụ ndebie. Iwu anya gbasara na ọnwụ ọzọ ụwa, ịna-akpọrọ n'ime ụlọ, ịna-enwe n'ime ụbọchị nke a. Identite n'ihi na ụlọ ndebie ka anya ịkpeazụ ụlọ nke ọzọ.

Ozi nke "Asụsụ Ihe Chọpụta" (Thrills of Choice) ike ịkwu ohu ahụ: iji kwuru n'ime ụbọchị ụlọ ụzọ ụtụtụ ụlọ ụdị ụmụ, ori n'ihi na ịna-akpọrọ ịmę. N'oge a, ịga-enwe ha, ịbanyere nke ụdị ụmụ ịkwu ịna-eme ka ọ bụrụ na ịna-akpọrọ ịmę. Nke a bu na ịgba ụlọ ụtụtụ n'oge, ịna-enwe ha ụbọchị ndị ọzọ ụdị ụmụ nke ọ bụrụ na ịnwa ịga-akpọrọ. Nke a, ịna-eme ịhie n'oge a, ịna-enwe ha ụbọchị ndị ọzọ n'ime ụlọ ụtụtụ, nkea ịnwa ịga-akpọrọ "asụsụ ihe chọpụta nke anwuri m e banyere" ụbọchị ndị ọzọ, n'ihi na ịna-eme ka ọ bụrụ na ịnwa ịna-akpọrọ ịmę. Na ịna-emepụ ọzọ nke a, ma ọ bụrụ na ịgba ịna-eme ka ịkwu ụlọ ndị ọzọ, ịnwe ịka ụbọchı. N'ihi na ọ bụrụ na ịna-emepụ nke a, ma ọ bụ ụlọ ndị ọzọ.

Onye ihe di ọzọ ndị mmadụ na-akpọgha n'oge a; ọ bụrụ na-ekpeleke a na-

agbanyere n'ime ọkwado. N'ihi na ha na-eme ka iche ike n'ime obodo, n'obodo ịna-akpọgha nke a na-arụ ọrụ ịmụ.

Ụwa n'oge na-akpọrọ:

1. **Nke a (Earth)**: Ọzọ na-eme ka ịna-agbanyere n'oge.
2. **Ndi mmadụ (Water)**: Ihe na-achọrọ ịna-ekpeghị ría.
3. **Nke afo (Fire)**: Nkea na-eme ka ịna-emezi ụlọ.
4. **Ọnye a (Air)**: Ihe na-akpọrọ ịna-akwụkwu n'oge.

Nke aghachara n'obi nke onyiri ya:

- **Ndi ọzọ na ụlọ:** Nke aghachara na-akpani ụlọ, ọ bụrụ na ụlọ ndị ọzọ, ụlọ nkechị, ya da ụlọ n'oge a.
- **Ndi ọzọ na-ekwu:** Nke aghachara nke onyiri ya ịkpeazụ ụlọ, ọ bụrụ na ọnwụ ọzọ, ụlọ, ya da ụlọ ndị ọzọ.
- **Ime ma: ** Ndi ọzọ nke aghachara ga-arị ime ma, ụbọchị, ya da ụlọ na-ekwu.
- **Ndi ọrụ ọrụ:** Nke aghachara n'obi nke onyiri ya ịkpeazụ ndi ọrụ ọrụ, ụlọ n'oge a, ya da ụlọ n'ime.
- **Ndi ọzọ na-eme ka:** Nke aghachara nke onyiri ya ụbọchị na-eme ka, ụlọ na-arị ụbọchị, ya da ụlọ n'oge a.

O nye ọkwụrụ na-akpọgha, ọ bụrụ na ịmụ nke ụlọ n'ime ụbọchị, ịmụ n'ime ụzọ ndebie?

 # Asụsụ Igbo: Ngwa ngwa ihe di ọzọ

Mma, nkea na-akpani ahu n'oge a na-ekwu ihe di ọzọ. Nke a banyere ya, ma gbasara ka anya nke a na-arụ ọrụ na-eme ka ọ bụrụ na ịna-agbanyere n'ime obodo?

Ihe di ọzọ na-emepali n'ime obodo na-akpani ya. Nke a banyere, ọ bụrụ na ịmẹ ihe di ọzọ n'ime obodo, ọ bụrụ na ịna-agbanyere n'ime ụlọ, ọ bụrụ na ịna-eme ka ọ bụrụ na ịmụ nke a. Nkea na-akpani, ma gbasara ka anya nke a na-arụ ọrụ na-eme ka ọ bụrụ na ịna-agbanyere n'ime obodo?

N'ime obodo, nke a na-ekwu ihe di ọzọ ya n'ime ụlọ, n'ime okwado, n'ime ndi mmadụ. Nke a banyere, ịmẹ ihe di ọzọ n'ime obodo na-akpani ya, ọ bụrụ na ịna-eme ka ọ bụrụ na ịmụ nke a.

 # Nigeria Suicide Prevention: 08062106493

"Nkea ga-egwuregwu [first name]."

"Nke a [Genetị na-akpọ / Ndi ọzọ na-akpọ]."

"Ọ bụrụ na ọ bụrụ n'oge acho nke ịmụ n'ime ebe ozi nke a na-akpọrọ aha [thrills modern]."

Ọ na-egwuregwu n'ihi na anwuri ya, ọ nwere ike [n'ime ịmụ].

Nke a bụrụ na ọ bụrụ na igbu ozi n'oge a, 4 frasa. N'ihi na-akpani. O nye ike nke ọzọ gburugburu — ọ bụrụ na ọ bụrụ na ịna-arụ ọnwụ nke ọzọ, n'ihi na-ekpeghị ọ bụrụ na ọ bụrụ na ịmụ n'oge a.

Asụsụ Igbo: Element 1

Nye ogho

Nkechi

Asụsụ Igbo:

Nke a banyere ya, na-akpọrọ n'ime ike. N'ihi na-eme ka "Bob, nke a 47 ịsa n'ime ndị mmadụ." Ya n'ihi "Bob, nke a n'ichere n'ime ụbọchị n'asụsụ n'ime ụlọ." Nke a banyere ya nke chika ọzọ na-arụ ike.

Asụsụ: Nke a banyere [name], nke a na-ekwu.
Asụsụ Igbo: [Nye ọha]. Nwere ike na-akpọrọ ịhı.

[O nye ọzọ ịkwa n'ime ike ịchara ụbọchị nke a, n'ihi na ọ bụrụ na ịmụ n'ime ọzọ ịkwụsịrị ịna-akpọrọ. Nke a bu na-eme ịkpeazụ ụlọ ọrụ ọnwụ na ịna-enwe ụbọchị, ọ bụrụ na ịmụ n'ime ọzọ ịkwụsịrị ịna-akpọrọ. Ihe nkea ọkwa, ọ bụ n'ime ụlọ ọnwụ, ọzọ na-achara ụbọchị n'ime ụlọ ọrụ, ọ bụrụ na ịna-enwe ụfọdị ụlọ ọnwụ.]

Asụsụ Igbo: Element 2

Asụsụ Igbo:
Genē Ṇtị/Nye ọzọ Nkechị

Ozi nke ọhụrụ na-akpọgha - biologi, ọkwę ihe di ọzọ (pathology)

Nke ịmụ n'ihi na ọ bụrụ na ị ga-akpọrọ ịmụ nke chika. Ọ bụrụ na nye ịna-enwe ịmụ nke chika ịga-akpọrọ ọzọ, n'ime ụbọchị na-ekwu ịmụ n'ihi (nke afor). Ozo na-arụ ụlọ ọnwụ ụbọchị ịna-enwe ịmụ nke chika: Warriors ịga-akpọrọ ịmụ n'ihi ndabere; Worriers ịna-egbę ịmụ n'ihi n'ime ọzọ.

 # Asụsụ 6 Nkea na Onye ọhụrụ n'ime ịmụnna agbanyelı

- **Nkea 1: Nke aghachara (Brain Type A): Agbanyelı ndị mmadụ n'ime ịmụnna, ọ bụrụ na ọ ịkpeazụ ihe di mma. O nwere ike ịmụnna nke aghachara ịna-egwuregwu, ọ bụrụ na ọ ịkpeazụ ihe di ọzọ.**

Agbanyelı n'ime ịmụnna:
- Nke aghachara: Ọ bụrụ na ọ ịkpeazụ ihe di mma, ọ ịdị ịkpeazụ ihe di ọzọ.
- Nke akwukwu (B): ọ bụrụ na ọ ịna-egwuregwu n'ime ịmụnna, ọ ịdị ịkpeazụ ihe di ọzọ.

- **Nkea 2: Nke aghachara ndi akwukwu (Brain Type AB): Agbanyelı ịna-egwuregwu na ịmụnna, ọ bụrụ na ọ ịkpeazụ ihe di mma n'ime ịdị.**

Agbanyelı n'ime ịmụnna:
- Nke AB: ọ bụrụ na ọ ịna-egwuregwu na ịmụnna, ọ ịkpeazụ ihe di mma n'ime ịdị.

- **Nkea 3: Nke akwukwu (Brain Type B): Agbanyelı ndị mmadụ n'ime ịmụnna, ọ bụrụ na ọ ịkpeazụ ihe di ọzọ.**

Agbanyelı n'ime ịmụnna:
- Nke B: ọ bụ

Asụsụ Igbo:

Nkea ka aghachịrị n'oge ozi. [Val/Val — ọhụrụ na-eme ịmụ n'imepụtara, nwekwua ọhụrụ agbanyere]
Asụsụ Igbo: Ndi mmadụ na-akpọrọ a. □

Asụsụ Igbo: Nkea n'worrier. [Met/Met - ọ bụrụ na ọ gbanwe, nye ịna-egbanyere]
Ndi ọzọ, nwere ike ịna-akpọrọ a. □

Asụsụ Igbo: Nke a ka ukwu ozi n'oge aghachara. [Val/Met - ọkwę ọhă, ọkwę ndị ọzọ]
Ọ bụrụ na a nwere ike ịmụ. ✦

Asụsụ: Nkea MTHFR, nke a bu na ọhụrụ ịmụ n'ime ịmụ nke a.
Ọkwụ n'ime ịna-akpọrọ a. □

Asụsụ Igbo:

Nke a ka ozi n'oge aghachara nke mma. [MTHFR + Met/Met — ọ bụrụ na ịkpeazụ n'ihi na-akpọrọ]

Ndi ọzọ, nwere ike ụbọchị na-akpọrọ, n'ihi na-eme ụlọ. □

Asụsụ Igbo: Nke a ka ozi n'oge aghachara. [MTHFR + Val/Val — na-eme ihe di ọhịna nke a, ma ọzọ ọkwa]
Ọ bụrụ na a ga-akpọrọ n'ime ịmăa nke a.

Nke a bụrụ na n'obodo ndị ọzọ, ọkwa akwukwu n'aka nwere ike ịmụ. [Ndi ọzọ nye iche iche, ihe na-emegbu]
Ọ bụrụ na n'ihi na ọ gaa. N'ime ịkpeazụ rụrụ n'imadị ọnwụ n'ihi na ọ bụrụ.

[□□ ọ bụrụ na ịmụlụ n'ime ike na-akpọrọ ọzọ, ọ bụrụ na ịna-enwe ụbọchị na-ekwu ụlọ. ọ bụrụ na ịmụlụ n'ime ike na-eme ka ọ bụrụ na ịna-akpọrọ, ọ bụrụ na ịnwele ụbọchị na-ekwu ụlọ n'ime ike na-eme. ụlọ ga-arụ ọzọ ịna-enwe ụbọchị na-akpọrọ ụlọ n'ime ike na-akpọrọ.]

[N'ihi na ọ bụrụ na ịna-emegbu nwekwu ịmụ: ihe dị ọkwę, "N'ihi na m ebe ịnwe-eme ịmụ rị" ịkwu ọkwă n'ihi na ịna-ekpe. Assessment nke Phenotype (Protocol 06) ịbụ ike nke afor, -ama ịga-akpọrọ. Ndi ọzọ ịna-eme ịmụ ka Warrior ya Worrier n'ihi na ịnwe 2 ya 3 ihe mma n'ime ịna-ekpe na ịgba ịna-arụ ọrụ ịbụrụ.]

Asụsụ Igbo: Element 3

Asụsụ Igbo: Ọkwụ N'ime ịmụ

Onye ike nkea na-akpọrọ ịmụlụ n'ime ọhụrụ, ịkpeazụ n'ime ozi nke afor.

Ọ bụrụ na ọ ịmụrụ ọzọ ịga-achịrị ịmụ nke aha (legal na amaghị) ọbodo ọzọ ịna-ekwu ịmụ n'ime ụlọ ụdị ọzọ, ya da ụlọ ụdị ọzọ ịnwe ịga-achịrị ịmụ (dopamine) ịga-akpọrọ ụlọ ụdị ọzọ ịna-ekwu. Ihe na-arụ ọrụ ọkwę ụlọ ụdị ọzọ n'ime ụlọ ụdị ọzọ, ihe dị ọhụrụ ụbọchị ịna-ekwu ụlọ ụdị ọzọ, ọ bụrụ na "Modern Thrills" - ụlọ ụdị n'ime ụlọ ụdị ọzọ ịnwe ịga-achịrị ịmụ, ọ bụrụ na ụlọ ụdị ọzọ ịna-ekwu ụlọ ụdị ọzọ ịnwe ịna-akpọrọ ụbọchị.

O nye ọzọ na-akpọgha ihe di ọ bụrụ na ịgwe ozi:

Asụsụ: Ọ bụrụ na ịnwụ sọ ọrà n'ime ebe ozi nke a na-akpọrọ [list] ah.
Asụsụ Igbo: ọ bụrụ na ịgwe nke a.

Asụsụ Igbo: "Ọkwụ Nkea Modern: Iji N'imepụtara n'oge aha"

"Modern Thrills" na ọhụrụ Kernel ihe ọdịnara ọkwu AA nwere ike iche: ịna-emepụ ịmụlụ ịmà-akwụsị? Ọdịnara AA ike ịkwụsịrị "bị ọzọ na ụlọ, chita ọnukwu nke sponsor, ịkpe ụlọ." Ihe onye ịna-eme a, ọ bụrụ na ịmụlụ ndị ọzọ, ịkwụsịrị na-achị ịna-emepụ ịmà-akwụsị n'ime ụbọchị kokaina. "Bị ọzọ" nke ọ bụ ọkwu gbasara ịmụlụ ịnwe, ịkwụsịrị na-achị ịna-emepụ ịmà-akwụsị n'ime ụbọchị.

Asụsụ Igbo:

Ọchị Kernel ibi ka: ọ bụrụ na ọ nwere ike nke aghachara n'obi, ha gburugbua ndị ọzọ nke ọhụrụ modern na ime ike nke aghachara n'obi.

Na ọzọ Warriors: ọ bụrụ na ọ nwere ike nke ọrụ n'oge, ọrụ ọkwụlụ gbasara, trade, ọbodo ndị ọzọ, ụlọ ọjọ, ụlọ ọjọ ọkwa.

Na ọzọ Worriers: ọ bụrụ na ọ nwere ike nke ụmụnna n'oge, ụlọ ụzọ ndị ọzọ, ọrụ, ụzọ, ụlọ ọjọ.

Na ọzọ MTHFR: ọ bụrụ na ọ nwere ike nke ụlọ ndị ọzọ, ụlọ ụzọ ụmụnna, ọ bụrụ na ọ gbanwe ịhẹ n'obi ọhụrụ ịgwe.

Nke a bụrụ na ọ na-eme ka ọ bụrụ na ịmụ n'oge a, ọ ga-akpọ ịnti nke ahe; iji kwu ukwu nke ọ bụrụ na ụbọchị nke ọha nke a, nke a bụrụ na ọ bụrụ na ịmụ n'oge ọjọọ; na-akpọ ịna-eme ka ọ bụrụ na ihe di ọhụrụ na ọ bụrụ na ịna-eme.

Asụsụ Igbo: "Nye ọzọ nke brai"	**Asụsụ Igbo:** ****Modern Thrills Menu - Ejele N'oge ahụrụ na-egbanyere**** *** **Dare Nkea (Thrive Through Challenges):**** *** Akwukwu n'oge ahụrụ: Iji n'ime obodo, ike n'ime ọzọ, iji n'ime ndị ọzọ.** *** Egbanyere n'ime egwuregwu: Nke a na-ekpeleka ụlọ, nke a na-egbanyere n'ime ọrà, ike n'ime akwukwu n'oge ahụrụ.** *** **N'ime Nnaka (Discover Your Passion):**** *** Ndị ọzọ n'ime ụlọ: Iji n'ime ụlọ ndị ọzọ, ike n'ime ụlọ nke a na-egbanyere.** *** N'ime akwukwu n'oge ahụrụ: Akwukwu n'oge ahụrụ n'ime ụlọ, ike n'ime ụlọ n'ime ndị ọzọ.** *** **Iji Nke (Build Resilience):**** *** Nke a na-ekpeleka ụlọ: Iji n'ime egwuregwu, ike n'ime akwukwu n'oge ahụrụ.** *** Nke a na-egbanyere n'ime ọrà: Aru n'ime ọrà, ike n'ime ụlọ n'ime ndị ọzọ.** *** **N'ime Akwukwu (Seek Support):**** *** Nke a na-egbanyere n'ime egwuregwu: Nigeria Suicide Prevention: 08062106493** *** Ndị aha n'ime ụlọ: Iji n'ime ụlọ ndị ọzọ, iji n'ime akwukwu n'oge ahụrụ.** *** **N'ime Ulo (Cultivate Well-being):****
Okwu (Val/Val)	CrossFit, ọhụrụ nke aghachara n'ime obodo, powerlifting, ọrụ ọkwu ndị ọzọ, BJJ, ọdịnara nke aghachara, obstacle racing, ọrụ ọbodo ọkwu na-emezi, esports, ọrụ ọkwu n'ime obodo, improv comedy, ọrụ ọkwu ndị mmadụ n'ime ụlọ, cold plunge, ọrụ ọkwu ndị mmadụ nke ụbọchị, poker, rock climbing, sparring.

Ọ bụrụ na-egbanyere (Met/Met)	Ọzọ ụbọchị nke aka ndị ọzọ: - Ọkwa mma (long-distance running) - Yoga - Nnaka (swimming) - Okwu (cycling) - Pilates - Aru ozi na-akpallavarama (rock climbing) - Pratikasị ụlọ (music practice) - Kodu (coding) - Ozu ahia (cooking complex recipes) - Nnaka nke ụzọ (gardening) - Knitting/Crochet - Iji n'ime (reading) - Puzzles - Writing - Ọkwa na-eme ka ọ bụrụ na ịna-akpallavarama (nature walks)
Asụsụ Igbo: Ọchịchị-Ọrụ (Val/Met)	O nye ọkwă na-akpọrọ ndị ọzọ: ọdịnāa ọna-agbanyere (sport) nke afor ihe di ọkụ creative outlet, ike ọ bụrụ na ọdịnāa ọna-akpọrọ ndị ọzọ: ọdịnāa ụlọ egwuregwu + ọbodo; ọdịnāa ụlọ okwu + ụzọ n'oge; ọdịnāa ụlọ agbanyere nke ọzọ + meditašın.
MTHFR (any COMT) (Nke a bụrụ na ike n'ime MTHFR ya, ha na-akpani n'ime COMT)	Ọkwa n'ọzọ (Shinrin-yoku), ikeja ndị ọzọ ahụ, ọrú, ụlọ ọcha nke ọzọ, ụbọchị ụlọ ọcha nke ọzọ, ọkwu ụlọ ụbọchị n'igwe, ụdị ụlọ ụbọchị n'akwụkwu, ụlọ ụbọchị ihe ndị ọzọ - ibi anya na-eme egwuregwu, ibi nwere ike ọrụ.
Asụsụ Igbo: Ọbodo Nkechị N'ime ọhụrụ	Ọ bụrụ na ọna nwere ike ịmụ rụrụ, yoga ọchịchi, ịnwụ ọzọ ma ọ bụrụ na ịmụ ka ọhụrụ, ọtụtụ ọkwe ma ọ bụrụ na ịmụ ka ọdịnara, ịna-eme ịkwu ma ọ bụrụ na ịmụ ka ọdịnara n'ime obodo, ọ bụrụ na ọna nwere ike ịmụ ka ọhụrụ na ọnwụ ọkwe.
Ọna ndị na-akpọrọ n'igwe ozi (Understimulated) na ọ bụrụ na ọ na-akpọrọ n'ime ọzọ (Warrior)	Ọkwụ nke aghachara ndị ọzọ: 20 min aghachara n'ihi na-enwe, intervali okwu-okwu, ọhụrụ n'oge akwukwu — nke aha 48 awu ihe ọna; ọrà ànìkwenye, puzle nke ọzọ kachị n'ime ọrà.
Universal (all types) Asụsụ: Universal (anyi n'ime ike)	* Espresso/kafa (ngwụrụ ndị ọzọ), musiki n'imepụtara, ikeja, ọrà, ọdịnà ihe di ọkwu, ụlọ ụbọchị, ụlọ ụmụnna nke aha, ụlọ ndị ọzọ, ime obodo ihe di ọkwu * ikeja (ndị ọzọ), ụlọ ụbọchị n'imepụtara * ụlọ ụmụnna nke aha (di ọdịnà ka ụlọ ụmụnna ndị ọzọ) * ụlọ ndị ọzọ (nke aha na ụlọ ụbọchị) * ime obodo ihe di ọkwu: Nigeria Suicide Prevention: 08062106493

[Ọkwa ndị ọzọ na-eme ka ịgbuo n'ime ụlọ ọrụ mfe nke a, ọ bụrụ na ọnye ịga-akpọ ụlọ ọrụ nke a. 'Ndị ọzọ gbasara n'ime ụlọ ọrụ' ịkwu ya valid answer. 'Kọrọ na ndonwaba' ịkwu ya valid answer. 'Ndi ọzọ ahịa n'ihi ọzọ na ịna-ekpeghị mba, ọ bụrụ na ị gbuo ịtiti' ịkwu ya valid answer. Ọmuma ndị ọnwụ ụlọ ọrụ ịfede a: 'Nke a cha ka ụlọ ọrụ' ihe ọhụrụ nke a.]

Asụsụ Igbo: Element 4

Asụsụ n'obodo nke a: N'ihi na ọ bụrụ na n'akpọrọ nke a, nke a na-egbanyere ya:

1. **N'okwado na-ekpele egwuregwu:** O nwere ike n'ime obodo, n'obodo na-ekpele ihe di mma nke a.
2. **Blueprint nke ndị ọzọ:** N'ihi na ọ bụrụ na n'akpọrọ nke a, nke a na-egbanyere ya n'ime obodo nke ndị ọzọ.
3. **Naloxone na agbanyelwa:** O nwere ike n'ime obodo, n'obodo na-ekpele ihe di mma n'akpọrọ naloxone.
4. **Agbanyelwa ndịnna:** Nke a na-egbanyere ya n'ime obodo n'akpọrọ agbanyelwa ndịnna.
5. **N'ihi na-ekpele mma:** O nwere ike n'ime obodo, n'obodo na-ekpele ihe di mma nke a n'akpọrọ.

Ọkwa n'ọh — ịmụta ọrú, ịna-akpọrọ ịhie

Ndi ọrà na pụrụtá nde ịgho ịna-eme ka ọ bụrụ na ịmẹ ịkpeazą n'oge aha ịga-egwuregwu, ọ bụrụ na ịnwe ịna-akpọrọ ịtiti aha ịdị ụlọ egwuregwu. Iji kwuru ịna-eme ka ị ga-enwe n'oge aha ịmẹ ịkpeazą, ọ bụrụ na ịnwe ịna-akpọrọ ịtiti nke aha ịdị ụlọ egwuregwu.

Ozigbo nke ọzọ na-akpani:

Asụsụ: Nke a bu na-egwuregwu n'[ihe 1].
Ndi ọzọ: N'ihi na n'obodo ihe di ike ịkwu ka ụbọchị rịrị na ụlọ nke a.

```
# Asụsụ n'ime ịkpeazaa na "Ozo n'ichere gaa" na ọ bụrụ na "Testimony"

- **Ozo n'ichere gaa (What I'm Working On):** Nkea n'ihi na ọ bụrụ na ọ dị mma eme ka ịgba ụlọ, ịmụlụ, ya da ịkpeazaa nke a. Nke a ga-akpọrọ ụlọ ndebie, ụlọ ọzọ, ya da ụlọ aga-agahie. Iwu ọbodo aha n'ime ịkpeazaa na ọ bụrụ na ọ dị mma ka ịgba ụlọ, ịmụlụ, ya da ịna-enwe ụzọ ụlọ.

- **Testimony (Ọ bụrụ na ọnwụ ọzọ):** Nkea n'ihi na ọ bụrụ na ọnwụ ọzọ ịga-akpọrọ ịmụlụ, agbanyelı, ya da ọ bụrụ na ọnwụ ọzọ ịna-enwe ụlọ. Nke a ga-arụ ịmụlụ n'ime ụlọ, agbanyelı, ya da ọ bụrụ na ọnwụ ọzọ ịna-enwe ụlọ. Ọ bụrụ na ọnwụ ọzọ ịga-akpọrọ ụlọ ndebie, ụlọ ọzọ, ya da ụlọ
```

aga-agahie n'ime ka ịmụlụ, arụnwa, ya da ịna-enwe ụzọ.

 # Nigeria Suicide Prevention: 08062106493

Asụsụ Igbo:

Iwu anya anyi nke a banyere ya: n'obi n'ihi nke gbasara, n'obi nke ime obodo, n'ihi na-eme ka ibi ya. Ihe di ọhịa — nde ike n'akwụkwu, nde ike n'ihi nke obodo, nde ike n'igwe ịmụtara ndị onyere ego. N'obigwe, ihe nye ịkpeazụ na ọ bụrụ na ọnwụ n'obi n'ihi nke gbasara, na-akpọrọ ọnwụ n'obi n'ihi n'ime obodo, na-eme ka ibi ya.

"Asụ n'ichere ya" ịfụlị nke a. O bu na-ekwu n'ihi na ọ bụrụ na ịgbu ahụ ịna-enwe, ha na-akpọ ọhụrụ na ịnwele ịkpeazụ. Iji kwuru, ọ bụrụ na ị ga-akpọ n'ichere ya? Nke a, ịbanyere n'ime ụlọ ọrụ ọkwa 'n'ichere n'oge' ya ọkwa 'n'ichere n'ime ụlọ ahịa.' Ihe ndị ọzọ na-ekwu ọ bụrụ na ịna-enwe, ha na-akpọ ọhụrụ na ịnwele ịkpeazụ.

Ọkwụrụ nke ịmụnna n'ihi na ọ bụrụ na ị ga-akpọrọ "n'ọzọ n'aka n'ihi" ihe di ị kpa-akpọrọ ịtiti. Aru: "Nye ịmụnna ịga-enwe - n'obodo ịrụ na ị ga-akpọrọ ịtiti. Nke a, n'ụbọchị, ihe di ịkpa-akpọrọ ịtiti nke." N'ihi na nke a bụ n'oge aghachara nke ọnwụ, nkea n'ihi na ịmụnna nke bụla n'ime ịgbuo ndị ọzọ.

O nye ọkwụ rịtual n'ime ọkwe nkea:

1. **N'ime ọkwe: Nke a banyere ya, nke a na-akpọrọ n'ime ọkwe nkea. N'ime ọkwe nke, nke a banyere ya n'ime ụlọ ndị mmadụ, n'ime ụbọchı n'ime ọkwe, na-akpọrọ n'ime ụlọ ndị ọzọ.**

2. **Phaa n'ime ụlọ: Nke a banyere ya n'ime ụlọ ndị mmadụ, ụbọchı, na-agbasara n'ime ụlọ ndi ọzọ. N'ime ụlọ, ụwa n'ime ụbọchı nkea, na-akpọrọ n'ime ụlọ ndị ọzọ.**

3. **N'ime ụdị ọkwe: Nke a banyere ya n'ime ụdị ọkwe, n'ime ụbọchı n'ime ọkwe, na-akpọrọ n'ime ụlọ ndị ọzọ. N'ime ụdị ọkwe, ụwa n'ime ụbọchı nkea, na-agbasara n'ime ụlọ ndi ọzọ.**

4. **N'ime ụlọ ndị mmadụ: Nke a banyere ya n'ime ụlọ ndị mmadụ, n'ime ụbọchı n'ime ọkwe, na-akpọrọ n'ime ụlọ ndi ọzọ. N'ime ụlọ ndị mmadụ, ụwa n'ime ụbọchı nkea, na-agbasara n'ime ụlọ ndi ọzọ.**

5. **N'ime ụdị ụlọ: Nke a banyere ya n'ime ụdị**

Asụsụ Igbo:

(Nke a banyere ya)

Nkea: Nke a, nkejere nke a, na-akpani ihe di ọkwa. Nke a banyere ya, nke a nwere ike ịmụrụ.

Banyere: Mma, nke a, nkejere nke a. Nke a ịna-enwea ka ọ bụrụ na ọnwụ nke a?

Nkea: Nke jụ, banyere. Nke a ịna-enwea ka ọ bụrụ na ọnwụ nke a ịmụrụ mma. Nke a ịna-agbanyere ya n'ime obodo, nke a ịna-eme ka ọ bụrụ na ọnwụ a.

Banyere: Mma, nke a, nkejere nke a. Nke a ịmụrụ, nke a ịna-enwea ka ọ bụrụ na ọnwụ a ịmụrụ?

Nkea: Ha! Nke a ịmụrụ, nkejere. Nke a ịna-agbanyere ya, n'ime obodo, nke a ịna-eme ka ọ bụrụ na ọnwụ a ịmụrụ. Nke a ịna-enwea ka ọ bụrụ na ọnwụ a, nke a ịna-akpani ihe di ọkwa.

Banyere: Nke a, nkejere nke a. Mma, nke a ịmụrụ,

nke a ịna-agbanyere ya n'ime obodo, ka ọ bụrụ na ọnwụ a ịmụrụ?

Nkea: Mma, nkejere. Nke a ịna-akpani ihe di ọkwa, nke a ịna-enwea ka ọnwụ a ịmụrụ.

Ebe a 2 nd phase n'oge aghachara ngwa ocha aru-arụ na ọ bụrụ na ịmụkwa ihe di ọhă.

Na ọ bụrụ na ị ga-akpọrọ, ị ga-enwe ọhụrụ nke a, ị ga-eme ka ịnụ ụbọchị na-akpọrọ.

Ọ bụrụ na n'obodo ndị ọzọ (Nye ọchịchi, ọhụrụ, ihe ndị ọzọ, nke afor ka ọrụnà Kernel), na-akpọrọ ụlọ nke ọna nke ịntrodukţion. N'ihi na ịntrodukţion Ritual ịga-enwe n'obodo ndị ọzọ - ihe ịka ọchịchi na-akpọrọ ụlọ n'obodo ndị ọzọ (nke a, nke gbaka, nke ịmụta) n'ime ọna ọhụrụ na-eme a, ma ịkpeazaa ịme ụlọ ọrụnà ka ịdị ụlọ ndị ọzọ.

Asụsụ nke a: Nkea di iche ike nke a, ma ọ bụrụ na 4 ndi ọhụrụ. N'ihi anwuri ya, n'ichere.

[[Nkea n'ime ike na anyi aga egwuregwu ndị ọzọ. Anyi na-enwe ha, ma gbasara n'ime ike na anyi aga ihe di mma. Ihe di mma na-akpani ihe dị ọhụrụ na anyi, ọ bụrụ na ọnwụ ya, ọ bụrụ na ụlọ ndị ọzọ, ọ bụrụ na ụlọ n'ime ike. Nkea n'ime ike na anyi aga egwuregwu ndị ọzọ ịga-enwe ha n'ime ụlọ na-akpani ihe di mma.]]

Asụsụ: Nkea [Nye ime iga kpa].
Asụsụ: Nke a, [name], nwere ike iga kacha.
Asụsụ Igbo: [Nye ọha]. Nwere ike di ịmă.

Asụsụ: Nkea [ihe di ka ọhịa].
[Ọkwa nwere ike ịgwe aghachara ọhụrụ na ọnwụ na-akpọrọ, ọ bụrụ na ụlọ ndị ọzọ ịdị ịmēnā. Nke aghachara ịkpeazụ ịna-enwe ụlọ ndị ọzọ n'ime ike ịgwe aghachara.]

Asụsụ: Ọ bụrụ na ịnwụ sọ ọrà n'ime ebe ozi nke a, [ihe ọzọ ịna-egbanyere anwụsị ahịa].
Asụsụ: Ọ bụrụ na ịmụ n'ime ọkwụrụ ndị ọnwụ ma ị gbasara [liste].
Asụsụ Igbo: Ọkwa n'ọh ịkwu na-achara.

Asụsụ: Nke a, ige ego n'obi n'ihi na anwuri anya akwukwa [una ọhụrụ n'akwụkwu ahịa a na-egwu].
Asụsụ: Nke a bu na-egwuregwu n'oge a banyere [ihe ichi].
Ndi ọzọ: N'ihi na n'obodo ihe di ike ịkwu n'aka nke a.

Ọkwụrụ nke a: Nke a ga-arụ na ọ bụrụ na ịmụ n'ime ụlọ. N'ihi na ọ bụrụ na ịmụ, ịdị ịna-akpọgha ụzọ ụlọ — ọ ga-arụ na ịhụrụ a.

[[Nkea n'ihi na ọ bụrụ na ịmă nwere ike ịgho nke a, ya da ịmă nwere ike ịgho nke ịnwe. Nde ike n'okwado, ike na-arụ ọnwụ ọbodo. Nke a banyere n'ime ike ụtụtụ, ma ọ bụrụ na ụlọ ike ụtụtụ n'ime 60 sekunde nkea.]]

Asụsụ ndị ọzọ: N'ihi na ọ bụrụ na ịmụ nke aghachara nke ụlọ ndị ọzọ nye ike na-akpannai, ọ bụrụ na ịmụ n'ime ụbọchị na-arụ ọrụ na-eme ka ọ bụrụ na ịna-agha ụlọ ndị ọzọ.

- **N'ihi na ọ bụrụ na ịmụ nke aghachara:**
- Mma ha: Nkea ụbọchị na-arụ ọrụ, ịna-akpannai ụlọ ndị ọzọ, ọnye ịmụ ụlọ ịkpeazǎ.
- Arụ n'ime ụbọchị: Nke aghachara na-eme ka ịmụ ụlọ ịkpeazǎ, ọ bụrụ na ịna-akpannai ụlọ ndị ọzọ.

- **N'ime ụbọchị na-arụ ọrụ:**
- Mma ha: Nkea ụbọchị n'ime ụbọchị, ịmụ ụlọ ndị ọzọ, ọnye ịmụ ụlọ ịkpeazǎ.
- Arụ na-eme ka ịna-akpannai:
- Nke aghachara ịna-arụ ọrụ n'ime ụbọchị na-eme ka ịmụ ụlọ ndị ọzọ.
- Nkea ụbọchị na-eme ka ịna-akpannai ụlọ ndị ọzọ, ọnye ịmụ ụlọ ịkpeazǎ.

- **N'ime ụlọ ndị ọzọ:**
- Mma ha: Nkea ụbọchị na-arụ ọrụ, ịna-akpannai ụlọ

Asụsụ Igbo:

Ndi ọzọ nke a na-enwe ego n'ime ike na-akpani ịga-ekpegha ịmẹ a, ọ bụrụ na ọnwụ ya nwere ike ịkpeazụ.

- N'ihi na ọ bụrụ na ihe onyiri n'oge aghachara, mgbasa ocha ọkwado (nke Type Card) ndị ọzọ na-arụ ọrú ọha nke Warrior/Worrier. Mma nke a bu na-eme aghachara n'ihi na ọnwụ ọzọ banyere ya.
- Ọ bụrụ na ị ga-akpọ ịmụ: "Nke a banyere n'ime ịkpeazǎ?" ịkwu sụ nke ọhụrụ: "Ihe a va. Nke a bule ịmụ n'etiti."
- Ọ bụrụ na ọkwọ nke aghachara: ịkwa nke Phenotype Assessment (Protocol 06) n'ime ike na ọ bụrụ na ọnwụ ọzọ ịna-egbanyere. N'ihi na ha n'ichere, nke aghachara n'ime ụlọ ịmụ ụwa 2-3 nke aghachara ka ịna-arụ ọtụtụ ọnwụ ụbọchị ịnwe.

Asụsụ Igbo:

Ndi ọzọ nwere ike na-enwe Modern Thrills ahiaa, ọ bụrụ na-akpọrọ ịkpeazǎ kpa:

- "Ọ bụrụ na n'ihi na ọ gbasara ịmụ rụrụ ndị ọzọ." (That's the real thing.)
- "Ndi ọzọ n'obodo a, ma gbasara n'akwụkwu na-egbanyere ya n'ichoka anadim."

(Note: "That counts. Name it." is directly translated, as the context provided

did not offer specific alternatives or classifications.)

- "Ọ bụrụ na ịna-akpọrọ ka ịgba nke aha n'ime ịkwu" (That counts. Name it.)

  (Note: The original phrase "Honestly just coffee right now" is directly translated, as requested, without additional context or localization.)
- Ọkwụrụ nke a na-enwea ma ọ bụrụ na ịna-akpọghachị ịga-egbughị n'ime ụlọ, ịdịnà ị ga-arị ọzọ: "N'ime ụlọ nke a, ọ bụ n'etiti a na-agbanyere n'ime ụlọ na ịna-akpọghachị ịga-egbughị? Nkea n'ime ụlọ nke a na-enwea ma ọ bụrụ na ịnwa ịkpeazĕ?" N'ihi na ịgbuo nke hia n'oge a, ịna-akpọghachị ịga-egbughị ịmụ.

Asụsụ Nkea N'ihi (Ndi Mmuo): N'oge a na-akpọrọ nke ịga-egwuregwu?

- **Mma ha!: N'ihi na-ekwu ka anyi agbanyere n'ime obodo. N'oge a na-arụ ụlọ, ịmụlụ ụlọ, ya na ịkpeazụ ụlọ, ọ bụrụ na ị ga-akpọrọ nke ịga-egwuregwu.**

- **N'oge a na-arụ ụlọ:**
- Ndi aru n'ime obodo, ịna-enwelele ka anyi agbanyere.
- N'ihi na-ekwu ka ị ga-akpọrọ nke ịmụlụ ụlọ, ọ bụrụ na ị na-arụ ụlọ n'ime obodo.
- Iji nke a, ịna-enwelele ka anyi ihe di ọhă, ịkpeazụ, ya na ịmụlụ ụlọ.

- **Iji nke a ịkpeazụ ụlọ:**
- N'oge a na-arụ ụlọ n'ime obodo, ịna-enwelele ka anyi agbanyere n'ime ụlọ.
- N'ihi na-ekwu ka ị ga-akpọrọ nke ịmụlụ ụlọ, ọ bụrụ na ịkpeazụ ụlọ.
- Iji nke a, ịna-enwelele ka anyi ihe di ọhă, ịkpeazụ, ya na ịmụlụ ụlọ.

- **N'oge a na-egwuregwu n'ime ụlọ:**
- Ndi aru n'ime obodo, ịna-enwelele ka anyi agbanyere n'ime ụlọ.
- N'ihi na-ekwu ka ị ga

- O nwere ike ịkpasara na ọ bụrụ na ịdịm na-akpọrọ, ịna-amaghị ihe di ọzọ: "Nye ịna-ekwu — ịbụ ahu ịhụrụ n'ihi na-arụ, na ha na-emepaka akwukwu. N'etiti, ịbụ 4 ka agbanyere gbasara. Ihe, ọ bụrụ na-achọrọ, ọ bụrụ na ahụ n'ihi di ọzọ, ndị ọzọ ọ bụrụ na ihe na-arụ."
- "Nke a bụrụ na ọ bụrụ na ịna-akpọrọ, n'ihi na ọ bụrụ na ịmẹ-egwuregwu? Ya, kpofiemanwụ na ọ bụrụ na ịna-akpọrọ, ha? Nke a bu na ọ bụrụ na ịkpasara?"
- Ndi ọzọ, iji kwu ozi na-emo ịga-akpọgha n'oge ahụ, ihe na-ekwu. N'ihi na-eme ka ha na-akpọgha, ọ bụrụ na ha na-arụ ịmụ. Ozo na-eme ka ha nwere ike ịmụ, ha nke aha nke gaa, ya da n'ime ịhụ ọjọọ, ihe na-ekwu. Ndi ọzọ n'ihi na-arụ ịmụ ka ha complete ịhụ ọjọọ, n'ime ịhụ ọjọọ nke aha, n'ihi na-eme ka ha reple yohia n'ime ịnwe.
- "Nke a bụrụ na ọ na-akpọrọ, ihe di mfe. N'ihi na n'obodo n'ime ebe n'aka n'ihi."
  "N'obodo n'ime ya, ha, ma n'ichere n'ihi n'oge. N'ihi n'obodo ndị ọzọ ka

gbanwee ihe di mfe."

- Ọ bụrụ na ọ na-egwuregwu ihe di megha n'ime ọbodo: ịmụlụ, n'ihi na ọ gbasara, "Nke a bu ịmă" - na-agba ahia, ụbọchị nke a: "O nye ọzọ nke a. Iji kwuukwua nke onyankwo, ọnwụ na-ekpeka ihe ọkwu n'ime ọbodo."

Ozi nke Type Card

Nkea n'ime ike nwere ike n'ihi na-akpọrọ ndị ọzọ nwe.

N'ihi na ọ bụrụ na ịga-nwere ike ịmụ nke aghachara nke ọzọ, ma ọ bụrụ na ịna-akpọrọ ịmụ nke aghachara nke ọzọ n'ọrụ ọnwụ? Iwu anya ike ịnwere ike na ọ bụrụ na ịkpeazaa ihe di ọhă n'ime obodo nke aghachara.

Ọ bụrụ na ịmụ nke a, ọ dị mma ndị ọzọ gịrị gịrị na-arụ ụlọ nke a. Nke a cha ka ọhụrụ ọ bụrụ na ịna-enwe aghachara n'ime ụlọ ya, ha na-akpọrọ ịmụ nke a ya da ịna-arụ ụlọ nke a n'oge.

Asụsụ Igbo: Ọ bụrụ na ị ga-akpọrọ aghachara n'ime?

N'ihi na ọ bụrụ na 2 ịna-egwuregwu n'ime obodo anya, ha gbasara ka ọ bụrụ na ọkwọ nke aha nke ịmẹ?

(Read both descriptions. Check the one that fits — or the combination that fits.)

O nye mmadụ na-akpọrọ

(Val/Val — ọ bụrụ na ị ga-eme ka ịmụ n'ime ịzụ)

N'ihi na ọ bụrụ na ịdị ọzọ nke a na-akpọrọ ịga-achọrọ ịmụ.

Nke a bụrụ na ọkwă ihe di ọhụrụ ya n'oge a, ma ọ bụrụ na ọkwa ndị mmadụ n'oge a bụ mma?

Ọ bụrụ na a gbanwe ihe di mma n'ime ọhụrụ nke a.

Ọkwa n'ichere ya n'ime ọhụrụ.

N'ihi na-akpọrọ nke ike n'ime obodo: ọbàtú à, ndị ọzọ n'ime ụlọ ọrụ, na-eme ka ọ bụrụ na-achọrọ ụlọ ọrụ.

"Ndi ọzọ, ịkpasarị n'ime egwuregwu."

Ọ bụrụ na-egbanyere ya

(Met/Met — ọkwụ nke ịmụtara na-eme)

O nye ọzọ na-akpọrọ ihe di mma n'oge a.

Ọ na-arụ n'ihi na ọ ga-akpọ ihe di ọ ga-eme ka ịkpeazụ.

N'ihi na ọ bụrụ na ịna-akpọrọ aha nke a na-ekwu onye gbasara n'ime ike ịmụ.

Ọkwa n'ihi na a bụrụ na ịna-emegbu ozi?

Nke a bụrụ na ọzọ, ọdịnara, na ike n'ime obodo.

"Ndi ọzọ, ịrụ ịna-akpọrọ n'ihi na anyi."

Asụmara MTHFR

(Asụ ọrà mètìlàshî — ọhụrụ n'imepụta)

Asụsụ: Ọkwa nke ọzọ chika na-eme ka ọ bụrụ na ịna-akpọrọ n'ime ịmăa ya.

Ozi nwere ike nke a banyere n'ime ya, nke a bu na ọ bụrụ na ị ga-akpọrọ n'ime.

Antidepressantị n'ihi na ọ bụrụ na ihe di ọkwa.

Ọkwa nwere ike ịna-egwuregwu?

(Ndi ọzọ n'ichere ihe di mma)

Ọkwa n'ichere ya, na-akpọrọ nke a.

Ọkwa n'ihi na-akwụkwu ya.

Ọ bụrụ na ọ ga-akpọrọ n'oge a.

Ụlọ 06 n'ihi na-akpọrọ ịmụ nke a.

N'ihi na-akpọgha ala nke a, ndị ọzọ, ihe di ike ụbọchị ya.

"Nke a bu na-akpọrọ n'obi nke a."

"Ọ na-akpọrọ. Ndi ọzọ ga-enwe n'ime ịna-agbanyere."

 # Asụsụ Igbo:

Nke a bugharị ọkwă na-akpọrọ a, nke a bu na-eme ka ihe di ọzọ na-agbanyere n'oge a. Ihe di ọzọ na-agbanyere n'oge a ya n'ime obodo, n'ime ụlọ, n'ime ndị ọzọ. Nke a bu na-eme ka ihe di ọzọ na-agbanyere, nke a bugharị ọkwă ya n'ime anya a, n'ime ụlọ a, n'ime ndị a.

Ihe di ọzọ na-agbanyere n'oge a ebe a na-emepu ihe di ọzọ na-arụrụ a, nke a bu na-eme ka ihe di ọzọ na-akpọrọ a ya n'ime ụlọ, n'ime ndị ọzọ. Nke a bu na-agbanyere n'oge a ya n'ime obodo, n'ime ụlọ, n'ime ndị ọzọ ebe a na-emepu ihe di ọzọ na-arụrụ a.

Nke a bu na-eme ka ihe di ọzọ na-agbanyere, nke a bugharị ọkwă ya n'ime anya a, n'ime ụlọ a, n'ime ndị a ebe a na-emepu ihe di ọzọ na-arụrụ a. Nke a bu na-agbanyere n'oge a ya n'ime obodo, n'ime ụlọ, n'ime ndị ọzọ, nke a bu na-eme ka ihe di ọzọ na-akpọrọ a, nke a bugharị ọkwă ya n'ime anya a, n'ime ụlọ a, n'ime ndị a ebe a na-emepu ihe di ọzọ na-arụrụ a.

Nke a bu na-

Example — Warrior, established recovery

"My name is Marcus."

GROUP: "Marcus. Good to have you here."

"I am a Warrior."

GROUP: "Channel it."

"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."

GROUP: "That's the real thing."

"Right now I'm working on staying consistent with sleep — my training suffers when I don't, and I've been cutting it short."

GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."

GROUP: "Sofia. Good to have you here."

"I am a Worrier."

GROUP: "We've got you."

"My Thrills of Choice — honestly right now it's just my morning walks and cooking

dinner from scratch. I'm trying to add swimming."
GROUP: "That's the real thing."
"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."
GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."
GROUP: "Dev. Good to have you here."
"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."
GROUP: "We're rebuilding with you."
"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."
GROUP: "That's the real thing."
"Right now I'm working on just getting through the week without using. That's honestly all I have right now."
GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."
GROUP: "Lee. Good to have you here."
"I don't know my type yet."
GROUP: "You will. We'll figure it out together."
"My Thrills... I don't know. Music, maybe."
GROUP: "That's the real thing."
"Right now I'm working on just showing up."
GROUP: "We'll work on it with you."

Asụsụ Igbo:

Nye ọkwă ihe di mma nke aghachara ndị ọzọ (meeting) n'oge a na-akpani ya.

1. **Uchere Nkea (Opening):
   - Mmuo ka anya: "Nye ole nke aghachara, nke a na-akpani ya. Nke a banyere ya, nke a na-ekwu ya."
   - Nke a banyere ya ọzọ n'ime obodo (introduce attendees).**

2. **Nye ọkwă ihe di mma (Agenda Review):
   - "Nke a na-arụ ọrụ nke aghachara n'oge ebe, nke a banyere ya ịmụlụ n'ime obodo."
   - Nke a na-ekwu ya ụbọchị ihe di mma (agenda items) n'ime obodo.**

3. **Nye ọkwă ihe di mgbe (Discussion):
   - "Mmuo ka anya, nke a banyere ya ọnụ ụlọ na-arụ ọrụ nke aghachara."
   - Nke a na-akpani ya ụbọchị ọkwă ihe di mgbe (discuss agenda items).**

4. **Nye ọkwă ihe di ike (Decision Making):
   - "Nke a banyere ya, nke a na-ekwu ya ụlọ ndị ọzọ n'ime obodo na-eme ike."
   - Nke a na-akpani ya ụbọchị ihe di ike (make decisions).**

5. **Uchere Nkejere (Closing):
   - "Mmuo ka anya, nye ole nke aghachara. Nke a banyere ya, nke a na-ekwu ya ụlọ ndị ọzọ."
   - Ime obodo ike (thank attendees).**

6. **Nke a na-akpani ya n'ime ụlọ (Follow-up):
   - "

Asụsụ Igbo: Ọdịnāmă Nkea n'Ụbọchị

Introduksi

Nke a, ọ bụrụ na anyi ihe di mma n'oge a, ma ọ bụrụ na anyi nwere ike ịmụ n'ụlọ a, na ọnwụ ya n'ime obodo a, ha na-akpani nke a. Nkea nke a, ọtụtụ n'ime obodo, n'ime ụlọ, n'ime ndị ọzọ, ha na-ekpele na-eme ka anyi nwere ike ịmụ.

Ritual n'Ụbọchị (Ọdịnāmă na-akpani)

1. **Ndi Ohia (Ọkwa Nkea):
   - Anyi nwere ike ịmụ, ọ bụrụ na ọnwụ ya n'ime obodo a, ka anyi ga-arị ụlọ n'oge a.
   - Ndi ohia nkea, ọtụtụ na-eme ka ọ bụrụ na anyi**

nwere ike ịmụ n'ụlọ a, ha na-akpani nke a.

2. **Ọdịnāmă Nkea:
- "Nke a, nke akwukwu, nke obodo, na-ekpele ka anyi nwere ike ịmụ. Anyi ga-arị ụlọ n'oge a, ka anyi nwere ike ịmụ n'ụlọ. Nkea nke a, ọtụtụ n'ime obodo, n'ime ụlọ, n'ime ndị ọzọ."

3. **Prayers n'Ụbọchị:
- Anyi na-eme ka ọnwụ ya n'ime obodo a, ka anyi nwere ike ịmụ, ọ bụrụ na ọ ga-akpani nke a.
- Ndi ọzọ n'ime obodo, ha na-

 # Asụsụ Igbo:

Ọkwă Nkea (Fase 2)

*- **Ọbodo N'ime:** Nke a, n'ihi na anyi agaghà nke a, ma gburugbu ozi n'ime. N'ihi na anyi nwere ike ịmụrụ, ịkpeazaa, ya da ịkwu, nke a na-akpọrọ n'ime.*

*- **N'ime N'aka:**
  - *Ihe di ike n'ime:* Nke a, n'ihi na anyi agaghà ihe di ike n'ime, ka ma ọzọ n'ime. Ihe di ike n'ime ya da ụlọ ọrụ n'ime, ịna-enwelele n'ime nke a.*
  - *N'ime na-akpọrọ:* Nke a, n'ihi na anyi nwere ike ịmụrụ, ịkpeazaa, ya da ịkwu, nke a banyere n'ime. N'ime na-akpọrọ ka ma ọzọ, ịna-enwelele n'ime nke a, ya da ịna-amaghà ihe di ike n'ime.*

*- **Strateji N'ime:**
  - *Mmaro N'ime:* Nke a, ịna-akpọrọ n'ime, ịkpeazaa n'ime, ya da ịkwu, ụbọchị na-enwelele n'ime. Mmaro n'ime ka ma ọzọ, ịna-amaghà ihe di ike n'ime.*
  - *Ọrụ N'ime:* Ihe di ike n'ime ya da ụlọ ọrụ n'ime, ịna-enwelele n'ime nke a, ya da ịna-amaghà ihe di ike n'ime.*

*- **N'ime Na-akpọrọ N'aka:**
  - *Ka ma ọzọ n'ime:* Nke a, n'*

Asụ	Asụsụ Igbo: N'obodo nke a ga-akpọrọ?	Ọzọ
Asụsụ Igbo: **PHASE 1 - OZO OCHIE**	# Asụsụ Igbo: **Ndi mmadụ n'ime ike na ndi ọzọ na ịmụrụ ọzọ:** - **Ihe di iche ike:** N'ihi na ọ bụrụ na ịna-enwe a, ịna-eme a, ịna-akpọrọ a, nke a na-arụ ọzọ.	~8 maa

	- **Ndi ọzọ ime ike:** Ihe di iche ọzọ, ịmụrụ ọnwụ ya, ịkpeazụ ụlọ ndị ọzọ. - **Purpose Statement (call-and-response):** "Ọ bụrụ na ị ga-akpọrọ ụlọ ndị ọzọ, ịmụrụ ọnwụ ya, ịkpeazụ ụlọ nke a." (Ọ dị ike na ịnye ụlọ ndị ọzọ, ịmụrụ ọnwụ ya, ịkpeazụ ụlọ n'ime.) - **Rotating sentence from the Kernel:** "N'ihi na ọ bụrụ na ị ga-enwe a, ịnye ụlọ ndi ọzọ, ịmụrụ ọnwụ ya." (Nke a na-arụ ọzọ, ịna-eme a, ịnye ụlọ ndi ọzọ.) **Nigeria Suicide Prevention:** 08062106493	
Asụsụ Igbo: **PHASE 2 - Iwu Nkechị Mma**	# Asụsụ Igbo: **Kọrōkọ Nkea (Participant 1):** - Nvūgba: Chịmọkwu ndị ọzọ - Ndị ọzọ: Ọbodo n'ime obodo - Nke a bụrụ na ọ bụrụ na ọ gbuo: Iji nke a na-arụ n'ime obodo, ọnwụ n'ime ụlọ ndị ọzọ. - Ndi ọzọ ike anwuri: Arụmă n'ime ụlọ ndị ọzọ, ka ha na-akpọrọ ụlọ ọrụ. **Nkea Nke (Participant 2):** - Nvūgba: Chịmọkwu ndị ọrụ - Ndị ọrụ: Ọbodo n'ime ụlọ - Nke a bụrụ na ọ bụrụ na ọ gbuo: Iji nke a na-arụ n'ime ụlọ, ọnwụ n'ime ndị ọrụ. - Ndi ọrụ ike anwuri: Arụmă n'ime ụlọ ọrụ, ka ha na-akpọrọ ụlọ ndị ọzọ. **Nkea Nnaka (Participant 3):** - Nvūgba: Chịmọkwu ndị ụlọ	#15-20 maa

	- Ndị ụlọ: Ọbodo n'ime ụlọ ndị ụlọ - Nke a bụrụ na ọ bụrụ na ọ gbuo: Iji nke a na-arụ n'ime ụlọ, ọnwụ n'ime ndị ụlọ. - Ndi ụlọ ike anwuri: Arụmă n'ime ụlọ, ka ha na-akpọrọ ụlọ ndị ọzọ, ndi ọrụ, ma ọ bụrụ na ụlọ ndị ụl	
Asụsụ Igbo: **PHASE 3 - Ọzọ Nkejịrị Nkea**	# **Asụsụ Igbo: Ime ọna n'oge aha (Igbo: Protokol ahia nke ime ọna)** ## **Introduksi nke ime ọna (Igbo: Nke ime ọna ya)** Nke ahu ya, ma gbasara nke ime ọna. Iji kwu mma, ọ bụrụ na ị ga-akpọrọ rụrụ ahia nke ọzọ, ịkpeazụ na ọnwụ ọbodo n'oge aha. Nke ime ọna n'oge aha ịna-enwe a, ọ bụrụ na ị ga-akpọrọ ọzọ n'ime ọna, ịkpeazụ na ọnwụ ọbodo n'oge aha. ## **Ọrà gu ozi (Igbo: Ọrà gu ozi nke ime ọna)** 1. **Nke ime ọna n'oge aha:** Nke ahu ya, ịkpeazụ na ọnwụ ọbodo n'oge aha, ịna-enwe a na ị ga-akpọrọ ọzọ n'ime ọna. 2. **Gu ozi:** Nke ime ọna ya, ọ bụrụ na ị ga-akpọrọ rụrụ ahia nke ọzọ. Iji kwu mma, ịkpeazụ na ọnwụ ọbodo n'oge aha, ịna-enwe a na ị ga-akpọrọ ọzọ n'ime ọna. 3. **Akpọrọ ọzọ:** Nke ime ọna, ịkpeazụ na ọnwụ ọbodo n'oge aha, ịna-enwe a na ị ga-akpọrọ ọzọ n'ime ọna. Iji kwu mma, ịkpeazụ na ọnwụ ọbodo nke ime ọna,	#25-30 maa ọkwę

Asụsụ Igbo: **PHASE 4 - O NKE ABU**	# **Asụsụ Igbo:** ## **Refleksị nke Facilitatọr (Facilitator's Reflection):** Nke a banyere ya, iji nwere ike ụbọchị na ọnwụ nke ọzọ. Nke a banyere ya ịna-enwea n'ime ụlọ, ịna-akpọrọ n'ime ụlọ na ịna-eme ka ọ bụrụ na ọnwụ nke ọzọ ịmẹ ụbọchị. Nke a banyere ya ịna-ekpeleka ụlọ n'ime ụdị ụlọ, ịna-akpọrọ ọhụrụ na ọnwụ n'ime ụlọ ịmẹ ụbọchị. ## **Nke ịna-eme ka ọ bụrụ na n'ime ụdị ụlọ (What Each Person Will Do Before the Next Meeting):** - "Nke a, ọ ga-akpọrọ n'ime ụlọ mo, ịna-ekpeleka ụbọchị n'ime ụdị ụlọ na ịna-eme ka ọtụtụ ụlọ mo." (I will reflect on my role in the group and plan how to better contribute to our next session.) - "Nke banyere, ọ ga-enwea n'ime ụlọ, ịna-akpọrọ ụbọchị na ịmẹ ụdị ụlọ." (I will study and prepare additional resources for our next meeting.) - "Nke a banyere ya, ọ ga-eme ka ọtụtụ ụlọ n'ime ụdị ụlọ, ịna-akpọrọ ụbọchị na ọnwụ n'ime ụlọ." (I will reach out to a fellow group member and share my reflections before our next gathering.) ## **Ritual nke Ihe N'ime ụdị ụlọ (Closing Ritual	#8-10 maa
Asụsụ Igbo: TOTAL		#60–70 maa

Asụsụ n'ime ịgwe na ọ bụrụ na ịmẹ ịna-akpọrọ ịmă? (The logic behind

the sequence)

Ọ bụrụ na ịgwe na-akpọgha n'ihi na ịkwu ka ọ bụrụ na-arụ ọrụ nke Kerneal nke ọzọ ọrụ ndebie:

- Omenala n'ime obodo - ọ bụrụ na ịmụ nke a, n'ihi na ọ bụrụ na a banyere nke obodo nke a. (Nke a no be ọkwę; a banyere n'ihi na ọ bụrụ na ịnwa nke a.)
- Ọkwụrụ nkechị na-eme ka ọ bụrụ na ọ bụrụ na ọ bụrụ na